



Active Insight: Evidence in Action

Tip #356



Using Variety to Engage

Overview

Variety in Years F–10 supports students to apply and refine movement skills across contexts. Diverse activities enhance engagement, build confidence, and support wellbeing. This approach ensures sustained interest and meaningful participation. Providing a range of movement experiences encourages students to explore new skills, discover personal interests, and develop confidence and motivation to participate actively in physical activity.

Key Teaching Ideas

Use a range of activities, formats, and challenges. Adapt regularly to maintain engagement. Support learning, helping students experience movement in varied and meaningful ways. Encourage exploration, choice, and participation so students remain motivated, build confidence, and develop positive connections with physical activity across different contexts.

Practical Application

- Rotate activities maintaining interest and engagement across lessons consistently
- Use different game formats supporting varied learning experiences and outcomes
- Include fitness, skill, and game tasks enhancing variety and participation
- Introduce new challenges supporting curiosity and engagement consistently
- Use themed sessions creating excitement and meaningful learning experiences

Next Steps

Plan for variety intentionally. Diverse experiences support engagement, confidence, and meaningful participation in physical education.

